

# Big Island Interscholastic Federation

## Standards to qualify for 2008 BIIF Championship Meet

	GIRLS			BOYS		
	Hand	Lynx	**	Hand	Lynx	**
100 hurdles	21.0h	21.24				
110 hurdles				20.0h	20.24	
100 Meters	14.0h	14.24		12.2h	12.44	
1500 Meters	6:14.0h	6:14		4:49.0h	4:49	
4 x 100 Relay	57.8h	58.04		47.2h	47.44	
400 Meters	72.6h	72.84		58.0h	58.24	
300 hurdles	61.8h	61.04		48.3h	48.54	
800 Meters	2:57.0h	2:57		2:21.0h	2:21	
200 Meters	29.6h	29.84		24.9h	25.14	
3000 Meters	14:16.0h	14:16		10:52.0h	10:52	
4 x 400 Relay	4:58.0h	4:58		4:05.0h	4:05	
Pole Vault		5'4"			9'0"	
High Jump		4'2"			5'2"	
Long Jump		13'6"			17'10"	
Triple Jump		29'0"			36'0"	
Discus		59'0"			96'0"	
Sot Put		21'6"			35'6"	